

# Are high-protein (>35%) hypocaloric diets safe and effective for long term (more than six months) weight loss or maintenance? (DGAC 2010)

## Conclusion

A moderate amount of evidence demonstrates that intake of dietary patterns with less than 45% calories from carbohydrate or more than 35% calories from protein are not more effective than other diets for weight loss or weight maintenance, are difficult to maintain over the long term, and may be less safe.

## Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [Are high-protein \(>35%\) hypocaloric diets safe and effective for long-term \(>6 mo\) weight loss and maintenance?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between macronutrient proportion and body weight in adults?](#)